

Health

97/December 2021
& January 2022

Triangle

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UK Health Radio



Health Focus: Broken Arm or Wrist?

BREAKING NEWS

Negative Effects of Covid Vaccination?

The Marathon des Sables

by Sam Bulkeley

Why we all need a Physical Pension Plan

by Jenni Russell

**LIVER
DISEASE
THE SILENT
KILLER**

Emotionally Abusive Relationships



COMPLEMENTARY
THERAPY AWARDS 2022

“The future belongs to those who believe in the beauty of their dreams.”
Eleanor Roosevelt



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Editor's Note:

This Month ▲

“THE PESSIMIST COMPLAINS ABOUT THE WIND.
THE OPTIMIST EXPECTS IT TO CHANGE. THE REALIST
ADJUSTS THE SAILS.”

These wise words were written by the American motivational writer, William Arthur Ward. This final bumper edition of Health Triangle magazine reflects their wisdom. The NHS feature focuses on the best response to a fractured arm. In Poetry Corner, Helen McCarthy shares from personal experience how it feels to be on the front line of the pandemic for months and months on end. Other contributors acknowledge the pure joy of simply being able to breathe! Janey Lee Grace introduces the idea of JOMO - the joy of missing out! The joy of missing out on unwise decisions made under the influence of alcohol, typically resulting in awful mornings after hazy nights before. With new mutations, Covid continues to cast a dark shadow across the world, severely restricting our freedom of movement while we wait for the data to liberate us once more. Meanwhile our minds are our most useful muscles. Attitude is everything. See 'Skilling you Softly' and 'Yes to Life' as primary examples. Wishing you a peaceful end to 2021 and an optimistic start to 2022.

“God grant us the serenity to accept the things we cannot change. Courage to change the things we can. And the wisdom to know the difference.”

Amen!

Reg Starkey
Editor



Contents

Issue 97
December 2021 & January 2022

- 3 **Editorial**
- 6 **Health Focus: Broken Arm or Wrist?**
- 10 **Breaking News: Government Report contains evidence of potentially negative effects of Covid vaccination on the innate immune system**
- 12 **Self Care: The one Xmas gift you take for granted** by Danielle Sax
- 14 **Addiction: 12 Step Denial** by Louise F.
- 16 **Back Pain and the Back Pain Charity** by Mike Dilke
- 18 **Introducing the Complementary Therapy Awards 2022**
- 21 **Book Review by Reg Starkey: Be More Wrong**
- 22 **Emotionally Abusive Relationships** by Natalia Kotowska
- 24 **Christmas & New Year 2021** by Janey Lee Grace
- 26 **Business Health: Skilling you Softly** by Paul Rees
- 28 **Diabetes Sweet Spot at Christmas** by Peter Allton
- 32 **Hatha & Kundalini Yoga** by Divine Life Yogini
- 38 **Research: New study identifies thousands of novel brain-expressed gene isoforms**
- 40 **Why we all need a Physical Pension Plan** by Jenni Russell
- 42 **Liver Disease the Silent Killer** by Reg Starkey
- 44 **JOMO - The Joy of Missing Out** by Janey Lee Grace

6
Health Focus:
Broken Arm or Wrist?



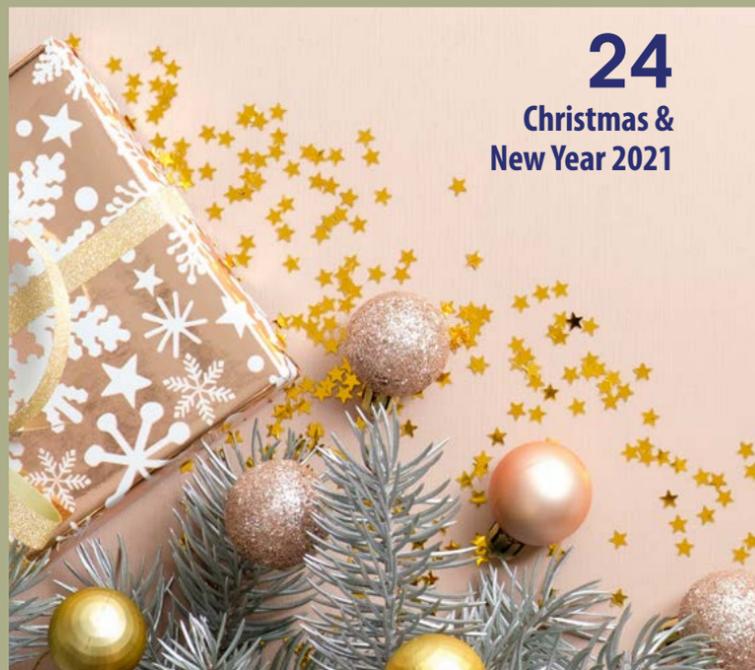
10
Breaking News:
Negative Effects of
Covid vaccination?



22
Emotionally
Abusive
Relationships



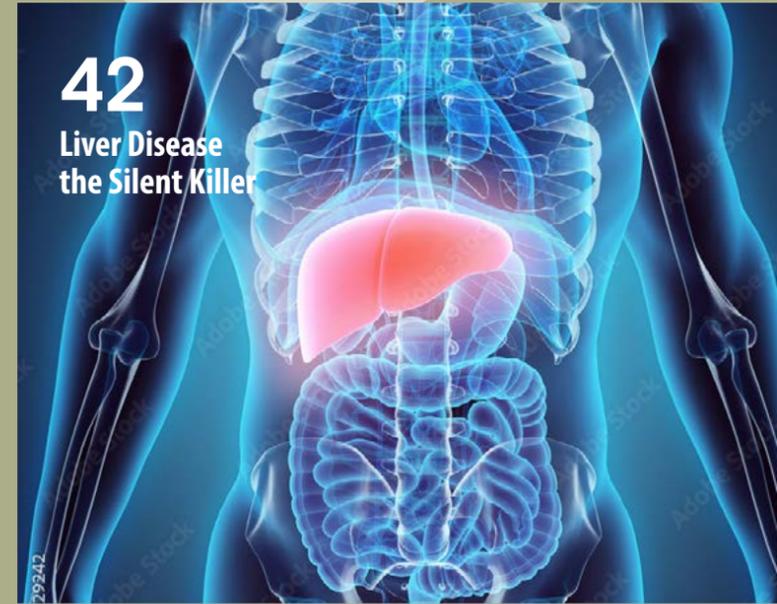
24
Christmas &
New Year 2021



32
Hatha &
Kundalini
Yoga



42
Liver Disease
the Silent Killer



56
Foot Health:
Feet in Snow



74
Acupuncture
and PTSD



- 45 **Medical Marvel Moments, Weird & Wonderful Facts** by Amanda Thomas
- 46 **Yoga with Kino: The day Social media died** by Kino MacGregor
- 48 **The invisible illness of the brain** by Leaha Mattinson
- 50 **Qigong: The power of Repetition** by Clara Apollo
- 53 **Poetry Corner - Healers** by Helen McCarthy
- 54 **Obesity: Arterial stiffness in adolescence may potentially cause hypertension and obesity in young adulthood**
- 56 **Winter Footnotes - Feet in snow** by Peter Allton
- 60 **Diabetes Corner: Diabetes and the holidays** by Maureen Sullivan
- 61 **Are Botanicals Safe?** by Leaha Mattinson
- 62 **Extreme Sports: The Marathon des Sables** by Sam Bulkeley
- 66 **Yes to Life** Robin Daly's recent guests on the Yes to Life Show
- 74 **Acupuncture and PTSD**
- 76 **TV & Movie Reviews**
- 78 **Programme Schedule**

BROKEN ARM OR WRIST?

Get medical advice as soon as possible if you think you have broken your arm or wrist. Any possible breaks need to be treated as soon as possible. It's not always clear if your arm or wrist is broken or just sprained so it's important to get your injury looked at by a healthcare professional.

Get advice from 111 now if:

- **You have had an injury to your arm or wrist and:**
- **the injury is very painful**
- **there is a large amount of swelling or bruising**
- **you cannot use the affected arm or wrist due to the pain**

111 will tell you what to do. They can tell you the right place to get help if you need to see someone. Go to 111.nhs.uk or call 111.

Go to A&E or call 999 if:

- **the affected arm or wrist is numb, is tingling or has pins and needles**
- **you have a bad cut that is bleeding heavily**
- **a bone is sticking out of your skin**
- **your arm or wrist has changed shape or is at an odd angle**

THINGS TO DO WHILE YOU'RE WAITING TO SEE A DOCTOR

DO

- **use a towel as a sling to support the affected arm – The St John Ambulance website has more information about how to make an arm sling**
- **gently hold an ice pack (or a bag of frozen peas wrapped in a tea towel) to the injured area for up**

- **to 20 minutes every 2 to 3 hours**
- **stop any bleeding by applying pressure to the wound with a clean pad or dressing if possible**
- **remove any jewellery such as rings or watches – your fingers, wrist or hand could swell up**
- **take paracetamol for the pain**

DON'T

- **do not eat or drink anything in case you need surgery to fix the bone when you get to hospital**
- **do not try to use the affected arm or wrist**

TREATMENT FOR A BROKEN ARM OR WRIST

When you get to hospital the affected arm will be placed in a splint to support it and stop any broken bones from moving out of position.

You will also be given painkilling medicines for the pain. An X-ray is then used to see if there is a break and how bad that break is.

A plaster cast can be used to keep your arm in place until it heals – sometimes this may be done a few days later, to allow any swelling to go down first. You may be given a sling to support your arm.

A doctor may try to fit the broken bones back into place with their hands before applying a splint or cast – you will be given medicine before this happens so you will not feel any pain. If you had a very bad break surgery may be carried out to fix broken bones back into place. Before leaving hospital, you'll be given painkillers to take home and advice on how to look after your cast. You'll be asked to attend follow-up appointments to check how your arm or wrist is healing.





HOW SHOULD I CARE FOR MY PLASTER CAST?

Plaster casts are made up of a bandage and a hard covering, usually plaster of paris. They allow broken bones in the arm or leg to heal by holding them in place, and usually need to stay on for between 4 and 12 weeks.

Taking good care of your cast will help ensure a better recovery.

PLASTER CAST CARE ADVICE

Keep your arm or leg raised on a soft surface, such as a pillow, for as long as possible in the first few days. This will help any swelling to go down.

Do not get your plaster cast wet. This will weaken it, and your bone will no longer be properly supported. It's

possible to buy special covers for plaster casts to keep them dry when washing or bathing. Ask a pharmacist for more information. Do not try to use plastic bags, bin liners, cling film or similar to keep the cast dry, as these are not reliable methods. If your cast gets wet, contact your hospital or minor injuries unit for advice as soon as possible.

Always remove any covering as soon as you can to avoid causing sweating, which could also damage the cast. Even if the plaster cast makes your skin feel very itchy, do not poke anything underneath it. This could cause a nasty sore and lead to infection. Do not walk on a cast unless you have been told it is safe to do so and have been given a plaster shoe. The itchiness should settle down after a few days.

MORE PLASTER CAST TIPS:

- **exercise any joints that are not covered by the cast – such as your elbow, knee, fingers or toes – to help improve your circulation**
- **avoid getting small objects, powders and sprays inside your cast, as they could irritate your skin**
- **do not try to alter the length or position of your cast**
- **do not lift anything heavy or drive until the cast has been removed**
- **use crutches or a sling as advised by your health professional**
- **use painkillers if you experience any pain**
- **you can usually return to school or work with a cast, but you should avoid strenuous activities that may damage the broken bone or cast**

PLASTER CAST PROBLEMS

You should contact your local hospital or minor injuries unit for advice if:

- **your plaster cast still feels too tight after keeping it elevated for 24 hours**
- **you experience persistent itching or a burning sensation under the cast**
- **your fingers or toes on the affected limb feel swollen, tingly, painful (even after taking painkillers) or numb**
- **your fingers or toes turn blue or white**
- **your cast feels too loose**
- **your cast is broken or cracked**
- **the skin underneath or around the edge of your cast feels sore**
- **there is an unpleasant smell or discharge coming from your cast**

You can also call NHS 111 for 24-hour advice.

HOW LONG DOES IT TAKE TO RECOVER FROM A BROKEN ARM OR WRIST?

In most cases it takes around 6 to 8 weeks to recover from a broken arm or wrist. It can take longer if your arm or wrist was severely damaged.

You will need to wear your plaster cast until the broken bone heals. The skin under the cast may be itchy for a

few days but this should pass.

The hospital will give you an advice sheet on exercises you should do every day to help speed up your recovery. Your arm or wrist may be stiff and weak after the cast is removed. A physiotherapist can help with these problems, although sometimes they can last several months or more.

THINGS YOU CAN DO TO HELP DURING RECOVERY

DO

- **try to keep your hand raised above your elbow whenever possible; use a pillow at night to do this**
- **follow any exercise advice you have been given**
- **use the painkillers you have been given to ease pain**

DON'T

- **do not get your cast wet – waterproof cast covers are available from pharmacies**
- **do not use anything to scratch under the cast as this could lead to an infection**
- **do not drive or try to lift heavy items until you have been told it is safe to do so**

Get advice from 111 now if:

- **the pain in your arm or wrist gets worse**
- **your temperature is very high or you feel hot and shivery**
- **your cast breaks, or the cast feels too tight or too loose**
- **your fingers, wrist and arm start to feel numb**
- **your fingers, wrist and arm look swollen or turn blue or white**
- **there's a bad smell or discharge of liquid from under your cast**

111 will tell you what to do. They can tell you the right place to get help if you need to see someone.

Go to 111.nhs.uk or call 111.

BREAKING NEWS

Government Report contains evidence of potentially negative effects of Covid vaccination on the innate immune system.

The new mRNA vaccines teach our cells to make a protein which triggers an immune response inside our bodies, which produces antibodies to protect us from Covid-related viruses.

The surprising question raised deep within the UK Health Security Agency report is whether the presence of these new antibodies might produce unintended consequences. Might it actually compromise the natural immune system?

Without doubt, the UK Government's Covid-19 Vaccine Surveillance Report, Week 42, contains much reassuring information, but on Page 23 this one point in particular provides cause for concern: ...



▲ **Mental Health**

EMOTIONALLY ABUSIVE RELATIONSHIPS and its impact on our physical and mental health

by **Natalia Kotowska**

When it happens to us, we never see it, we protect them, we deflect, we tend to choose to be delusional and defensive just to protect ourselves. We can see it clearly when it happens to others, we have all ...

Back Pain and the Back Care Charity

by Mike Dilke

Recently the **Back Care Charity** organised the **Back Care Awareness Week** which focused on being at home because lately more of us have spent a lot more time there and with changing work habits this may well continue for a while. This is worth taking notice of because 4 out of 5 adults will experience back pain at some point in their life and it is a leading contributor to time off work and can even lead to depression. So read on to give yourself a better chance at a pain free life.

As part of the week I spoke to three special guests on the **Relaxback UK Show** about topics relating to back pain and back care...



Why we all need a Physical Pension Plan

by Jenni Russell



There will come a time in everyone's life when health will play the most important role. And that time should not be when sickness or disease appears. That time should be in retirement, latter life, when natural hormonal changes occur, affecting the environment within.

Our health should always be the top of our agenda, but sadly it is the one thing the majority tend of overlook and/or ignore. It does not matter how much you want to enjoy what is termed indulgence. 'Nutrition-less food' lack of movement, late nights, poor thoughts, hydration and compromised respiration,...

Christmas & New Year 2021

by Janey Lee Grace

I'm a big believer in choosing Christmas gifts that have a bit of longevity and are actually useful. It's a great time to be conscious of eco friendly choices, in the UK it's thought we throw away enough wrapping paper to cover an area the size of Guernsey!...



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